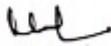


## TITLE OF THE ACTIVITY: SWACHH BHARAT PAKHWADA

DATE: 01.08.2017 to 15.08.2017

As per the directions of N.S.S. Department, G.N.D.U, Amritsar, N.S.S. Unit of M.G.N. College of Education, Jalandhar organised "Swachh Bharat Pakhwada" from 1st to 15th August 2017 to make the would be teachers and students realize the importance of cleanliness in life. Under this programme, activities like Anti Polythene campaign, Cleanliness drive, Lectures on Healthy habits, Salogan Writing, Debate Competitions on Swachhta and Best out of Waste Competitions were organised by the students of the college in different practicing schools viz, D.S.S.D. Sr.Sec.School, Basti Nau, S.D.A.S. Sr.Sec.School, Basti Nau, M.G.N. Girls Sr.Sec.School, Adda Hoshiarpur, M.G.N. Khalsa Sr.Sec.School, Basti Bawa Khel, Lyallpur Khalsa Sr.Sec.School (Boys), Nakodar Chowk, Lyallpur Khalsa Girls Sr.Sec.School, Siraj Ganj, Govt.Girls Sr.Sec.School, Adarsh Nagar, Shining Star Sr.Sec.School, Harbans Nagar, Shining Star Sr.Sec.School, Shastri Nagar, Govt.Girls High School, Gandhi Vanita Ashram, Kpt.Rd, Jalandhar. This Celebration was done under the supervision of Dr. Meharban Singh, Mrs. Geetanjali Mittu, Mr. Aman Singh, Ms. Jaspreet Kaur, Ms. Sharan, Mrs. Sakshi Sharma, Dr. Viplove Kundra, Ms. Arpita Sood, Mrs. Sunayana Thakur and Ms. Jasleen Kaur. During these 15 Days, all the students of the college as well as all the students of practicing schools took the "Swachhta Pledge" as well.

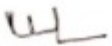


  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar





SWACHH BHARAT PAKHWADA (01.08.2017 to 15.08.2017)

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



**TITLE OF THE ACTIVITY: MASSIVE SWACHHTA PLEDGE****DATE: 25.09.2017**

As per the guidelines received, N.S.S Unit of M.G.N.College of Education, Jalandhar has organised an oath taking ceremony in different schools of Jalandhar where the B.Ed. students are having their internship. N.S.S Volunteers has created awareness among students related to cleanliness Guidelines were given to the students related to "what can they do for cleanliness in their surroundings. On this occasion, a video was shown to students regarding "Swachhta Steps Taken by Government". It was a very useful video which motivates students, that we all should give our contribution for fulfilling dream of "Clean India" Members of N.S.S unit took initiative to organise the "Massive Swachhta Pledge" in college campus on 24<sup>th</sup> September 2017 and then the same pledge was taken by the college students in different schools (provided to the B.ED students for their teaching practice) on 25<sup>th</sup> September, 2017. Students were also made aware regarding the importance of cleanliness in different schools by our N.S.S Volunteers. N.S.S volunteers of the college organised the activities in the following schools:

D.S.S.D Sr. Sec. School, M.G.N. Girls Sr. Sec. School, M.G.N. Khalsa Sr. Sec. School, Govt. Girls Sr. Sec. School (boys), Layallpur Khalsa Girls Sr. Sec. School, Shining Star Sr. Sec. School, Harbans Nagar Shining star Sr. Sec. School, Shastri Nagar, Jalandhar. Mrs. Neelu Jhanji, Principal of M.G.N. College highlighted that it is national level campaign run by Indian government and we should be the part of this campaign by cleaning our surroundings. Principal of different schools co-operated the event.

**MASSIVE SWACHHTA PLEDGE (25.09.2017)**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



## TITLE OF THE ACTIVITY: WORLD AIDS DAY

DATE: 01.12.2017

As per the guidelines received, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated the World AIDS Day to create awareness among the students that it is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.

On this occasion, an exhibition was organized on the theme AIDS. The students were asked to prepare posters on the above stated theme and they were displayed on the board of the college.

Members of N.S.S. Unit along with the red ribbon club took the initiative to organize the exhibition in the college premises. Different posters were made by them to create the awareness regarding the symptoms, effects and prevention of AIDS. Students were made aware regarding the different causes and symptoms of AIDS. The students were informed about AIDS that it is the Acquired Immune Deficiency Syndrome. AIDS is caused by a virus called HIV, the Human Immunodeficiency Virus. HIV disease becomes AIDS when the immune system is seriously damaged. If the person has less than 200 CD4 cells or if person's CD4 percentage is less than 14%, the person has AIDS.



WORLD AIDS DAY (01.12.2017)

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



## TITLE OF THE ACTIVITY: WORKSHOP ON YOGA AND SELF DEVELOPMENT

DATE: 12.04.2018

Health Club of M.G.N. College of Education, Jalandhar organized a workshop on 'Yoga and Self Development' on 12.04.2018. The Resource Person for this workshop was Sh.Kamal Aggarwal, President, Bhartiya Yog Sansthan, Jalandhar Unit. While speaking on the occasion, Sh.Kamal Aggarwal Ji stressed that through Yoga; we not only can cure our physical ailments but also can elevate our thoughts. He also taught and make the students practiced many yoga aasans during the workshop for specific ailments like for cervical pain, back pain, obesity, constipation, low vision and lungs related problems. Further, he also demonstrated Tadasan, Bhujang Aasan, Makar Aasan and Trikon Aasan. He also explained Yoga as „Ashtiyog“ consisting Yam, Niyam, Aasan, Pranayam, Pratihara, Dhyan, Dharna and Smadhi. He further explained that the practice of Pranayam serves as the link between consciousness and the mind. Also, he demonstrated Anulom-Vilom Pranayam, Bhramari Pranayam for improving concentration and Om Chanting.



WORKSHOP ON YOGA AND SELF DEVELOPMENT (12.04.2018)

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



**TITLE OF THE ACTIVITY: CELEBRATION OF INTERNATIONAL YOGA DAY****DATE: 20.6.2018**

N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated "International Yoga Day" on 20.6.2018 to experience the benefits of yoga for good physical and mental health. On this occasion Mrs. Kamal Wadhwa, Member of Bhartiya Yoga Sansthan, Jalandhar was the Key Speaker. Mrs. Sangeeta accompanied the speaker of the day. She emphasised the importance of yogic activities for hale and hearty life. She further stressed upon that yoga is not only beneficial for physical fitness but also it provides mental calmness which is helpful for both students as well as teachers. During the event, our college students performed various yogasanas and exercises.

**INTERNATIONAL YOGA DAY (20.6.2018)**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



## **TITLE OF THE ACTIVITY: FIFTEEN DAYS NSS CAMP**

**DATE: 12.07.2018 to 25.07.2018**

To fulfil the requirement of Paper –II, Field Engagement with Community and CP, FE-III, Fifteen days of NSS camp was organised at Sangal Sohal Village, Jalandhar from 12<sup>th</sup> July, 2018 to 25<sup>th</sup> July, 2018.

A detailed orientation programme was conducted during the inauguration in which students were provided information regarding various activities to be performed during the camp.

Firstly, Students were made aware of the significance of NSS. Students were made familiar with the Elementary Government School in village Sangal Sohal. The activities to be performed in this camp were discussed with the students. All the students were divided under different groups. The students were assigned different duties and responsibilities. Different groups of students were formed to perform various duties in the school on daily basis. Simultaneously, cleanliness drive was conducted in the college campus. Students enthusiastically participated in various activities during the camp.

Multi-dimensional tasks and direct interactions with the community were planned in which Presentations were given on the different topics like health hygiene, moral values, Road safety, good habits, importance of tree plantation, importance of education, cleanliness, social values etc. Volunteers laid stressed on the Swachh Bharat Abhiyaan in which school playground, lawn and different areas and labs of the college were cleaned. Medicinal plants, ornamental plants etc. were planted by the volunteers in the school. Students also taught vocabulary vis-a-vis usage of english words in daily routine. An extension lecture on Education in 21st Century was organised for the students. The Resource Person was Dr. Harleen Singh, Associate Professor of Literature and Women's, Gender and Sexuality Studies, Brandeis University, U.S.A. While elaborating the relationship of us with education she emphasised that it is necessary to internalize the value of education and it should not be forced. She added that to be global does not mean ignoring your surroundings, but it means to be in our surrounding and then exploring the world.

Volunteers had participated in the inter group competition on the project on Eco-Friendly Transformation of The Waste in the college. Following is the result of this competition.

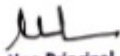
  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar





PHOTO OF CLEANLINESS



DECORATION OF DISPLAY BOARDS

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Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar

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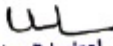
**POT PAINTING**



**INTERACTION WITH SCHOOL STUDENTS**



**COMPETITION OF ECO-FRIENDLY TRANSFORMATION OF THE WASTE**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



## TITLE OF THE ACTIVITY: SWACHH BHARAT PAKHWADA

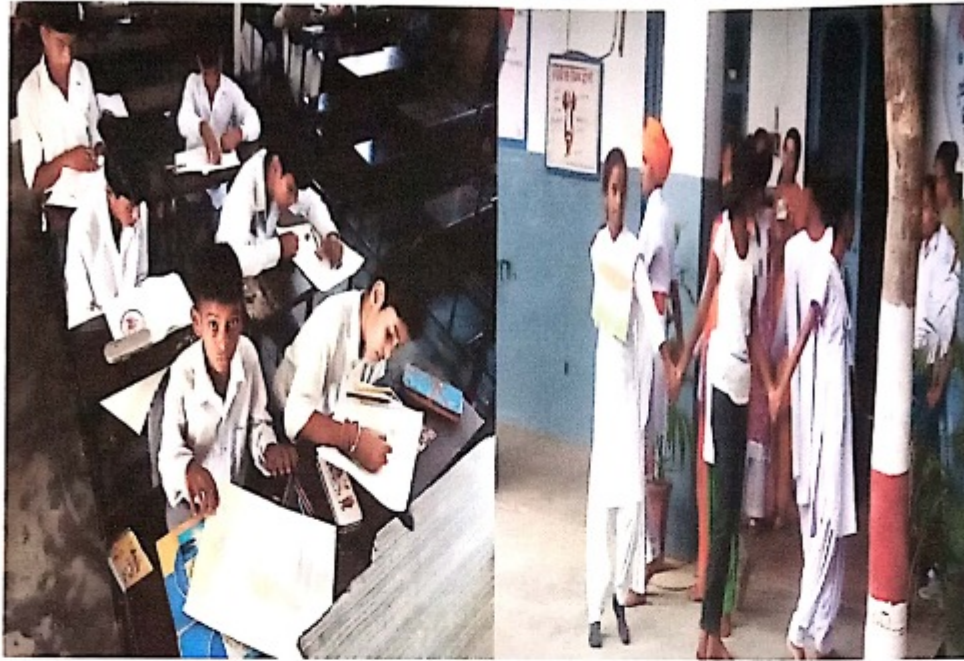
DATE: 01.08.2018 to 15.08. 2018

As per the guidelines received, M.G.N. College of Education, Jalandhar has organised Swachh Bharat Pakhwada, International Youth Day and Independence Day from 01.08.2018 to 15.08.2018 in the different schools of Jalandhar where the B.Ed. students were having their internship. N.S.S. volunteers have performed different activities such as cleanliness drive, anti-polythene campaign; lectures on various issues viz-a-viz. Healthy habits (like to eat healthy food, wash hands before and after meal, use washrooms, etc.) ,the importance of cleanliness, various competitions like poster competition, slogan writing competition, etc. The posters on cleanliness were presented in the society through a rally to aware the public to maintain cleanliness in their place. Moreover the posters and slogans were pasted at public places and even in the internship schools. Various lectures related to the theme were delivered in the different schools. Pledge was taken by the students on international youth day to keep our nation green and clean and to make India "swachh Bharat, Khoobsurat Bharat".

N.S.S. Volunteers of the college organized different activities in such school; D.S.S.D. Sr.Sec.School, Basti Nau, S.D.A.S. Sr.Sec.School, Basti Nau, M.G.N. Girls Sr.Sec.School, Adda Hoshiarpur, M.G.N. Khalsa Sr.Sec.School, Basti Bawa Khel, Lyallpur Khalsa Sr.Sec.School (Boys), Nakodar Chowk, Lyallpur Khalsa Girls Sr.Sec.School, Siraj Ganj, Govt.Girls Sr.Sec.School, Adarsh Nagar, Shining Star Sr.Sec.School, Harbans Nagar, Shining Star Sr.Sec.School, Shastri Nagar, Govt.Girls High School, Gandhi Vanita Ashram, Kpt.Rd, Jalandhar. The above mentioned activities were supervised by different supervisors i.e. Mrs. Geetanjali Mittu, Mrs Sharan, Mrs. Sakshi sharam, Ms. Jaspreet Kaur, Ms. Arpita sood, Dr. Viplove Kundra, Ms. Anju, Mr. Maninderpal Singh and Ms. Taranpreet Kaur.

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar





**SWACHH BIHARAT PAKHWADA**

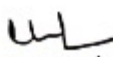
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Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar

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**TITLE OF THE ACTIVITY: WORLD AIDS DAY****DATE: 01.12.2018**

N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated the World AIDS Day on 01.12.2018 to create awareness among the students that it is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. On this occasion, pictorial and textual display of posters and slogans were displayed on the topic AIDS. The students were asked to prepare posters on the above stated theme and they were displayed on the board of the college. Members of N.S.S. Unit along with the red ribbon club took the initiative to organize the visual display in the college premises. Different posters were made by them to create the awareness regarding the symptoms, effects and prevention of AIDS. Students were made aware regarding the different causes and symptoms of AIDS. The students were informed about AIDS that it is the Acquired Immune Deficiency Syndrome. Furthermore, they highlighted that according to the centers for Disease Control and Prevention, young people aged 13-29 accounted for 39% of all new HIV infections in 2009.

**WORLD AIDS DAY**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar




**TITLE OF THE ACTIVITY: CELEBRATION OF INTERNATIONAL WOMEN'S DAY****DATE: 08.03.2019**

Women Welfare Committee of the college celebrated International Women's Day on the theme "Beti Bachao, Beti Padhao" on 8 March, 2019. On this day students of the college through their speeches, poems emoted the dilemmatic position of the modern women.

While speaking on the occasion Principal Mrs. Neelu Jhanji, said that today woman is no longer a dependent soul. She is self dependent and self reliant in every aspect. She also stressed to recognize the importance of women's existence and motivate them for the future achievements.

**INTERNATIONAL WOMEN'S DAY**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



## TITLE OF THE ACTIVITY: JAL SHAKTI ABHIYAN

DATE: 22<sup>nd</sup> July, 2019 to 24<sup>th</sup> July, 2019

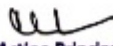
As per the guidelines received, N.S.S. Unit along with the Red Ribbon Club of the college has organized 'Jal Shakti Abhiyan' from 22<sup>nd</sup> July, 2019 to 24<sup>th</sup> July, 2019 to aware the students and the society. An awareness camp was organized in two schools vis-à-vis Government Girls High School, Gandhi Vanita Ashram and M.G.N. Khalsa High School, Jalandhar. To aware the students and society, following activities were performed:

- Poster making on the theme Save water
- Lectures and videos on water conservation and rainwater harvesting, renovation of traditional and other water bodies, reuse of water, etc.
- Rally on the above mentioned theme

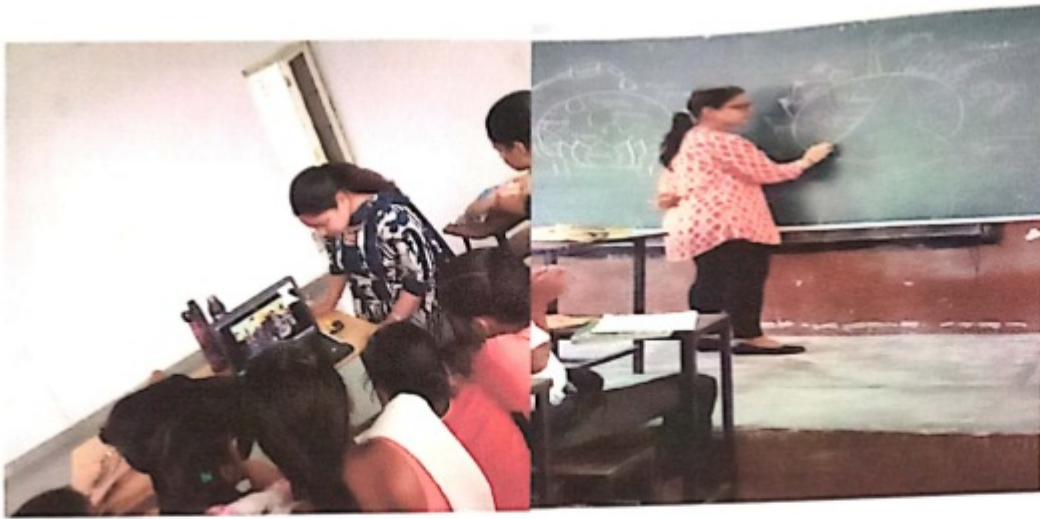
The students of the college have prepared the various posters and slogans on this theme. The students of the college informed the school students as how to use water in routine so that wastage can be reduced, the present condition of the water, the past, present and future of this precious natural resource, water conservation and rainwater harvesting, renovation of traditional and other water bodies, reuse of water etc . The students were made familiar with this theme using videos, activities, lectures, ppt, posters, charts, etc. posters and slogans were than displayed in the schools.

A rally was also organized in which the students of the college and school participated. The main motive of the rally was to make people recognize the optimum utilization of water so that our future generations can use the water.



  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar





**JAL SHAKTI ABHIYAN**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



**TITLE OF THE ACTIVITY: INTERNATIONAL WOMEN'S DAY**

**DATE: 07.03.2020**

N.S.S. Unit of M.G.N. College of Education celebrated 'International Women's Day' in the College premises on 07.03.2020. On this day, through an exhibition of posters students of the College were sensitized towards the plight of women and atrocities faced by the female folks. Students were also informed about the laws related to women's rights and protection against violence. While speaking on this day, Principal Mrs. Neelu Jhanji said that there is need to mobilize global action to achieve gender equality and human rights of all women and girls.



**INTERNATIONAL WOMEN'S DAY (07.03.2020)**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar





## TITLE OF THE ACTIVITY: WORLD AIDS DAY

DATE: 01.12.2020

*"It's bad enough that people are dying of AIDS, but no one should die of ignorance."*

As per the guidelines received, N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated the World AIDS Day to create awareness among the students that it is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. On this occasion, an exhibition was organized on the theme AIDS and a video was shown to students regarding the causes, symptoms of AIDS in the college premises. Members of N.S.S. Unit along with the red ribbon club took the initiative to organize the exhibition in the college premises. Different posters were made by them to create the awareness regarding the symptoms, effects and prevention of AIDS. Students were made aware regarding the different causes and symptoms of AIDS by showing a video. Through video, the students were informed about AIDS that it is the Acquired Immune Deficiency Syndrome. AIDS is caused by a virus called HIV, the Human Immunodeficiency Virus. HIV disease becomes AIDS when the immune system is seriously damaged. If the person has less than 200 CD4 cells or if person's CD4 percentage is less than 14%, the person has AIDS.

Mrs. Neelu Jhanji (Principal) highlighted that World AIDS Day is one of the eight official global public health campaigns marked by the World Health Organization (WHO). It is held on 1<sup>st</sup> December each year to remind the public and Government that HIV has not gone away, there is still a vital need to raise money, increase awareness, fight prejudice and improve education.



**Video show on World Aids Day**


  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar





**Exhibition on Aids**

**(01.12.2020)**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar

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**TITLE OF THE ACTIVITY: SWACHH BHARAT PAKHWADA****DATE: 01.08.2021 to 15.08.2021**

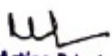

As per the guidelines received, M.G.N. College of Education, Jalandhar has organised Swachh Bharat Pakhwada, International Youth Day and Independence Day from 01.08.2021 to 15.08.2021 in the different schools of Jalandhar where the B.Ed. students were having their internship and also in their neighbourhoods. On the occasion, various activities were organized such as:

- Anti-Polythene Campaign – India free from ‘Single use Plastic’
- Cleanliness Drive (Libraries, Labs, Classrooms, Playground etc.)
- Awareness campaign through Lectures/ Discussions/ Videos/ Presentations on following topics:
  - Techniques of water conservation and rain water harvesting.
  - Renovation of traditional and other water bodies/tanks.
  - Water Shed Development.
  - Water recycling plants.
  - Efficient utilization of water at home, campus and community.
  - Harmful effects of plastics especially single use plastic.
- Competitions like:
  - Slogan writing on Swachhta/ Water Conservation.
  - Poster making on Swachhta/ Water Conservation.
- Swachhta Pledge.

N.S.S. volunteers have performed different activities such as cleanliness drive, anti-polythene campaign; lectures on various issues viz-a-viz. Healthy habits (like to eat healthy food, wash hands before and after meal, use washrooms, etc.) ,the importance of cleanliness, various competitions like poster competition, slogan writing competition, etc.

The different areas of the college and schools were cleaned to achieve the dream of Gandhi ji as ‘‘Swachhta’’ or Cleanliness was a way of life for Gandhi ji. School students were also motivated to participate in cleaning their schools in order to change in their behavior.

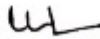
Diverse lectures related to the Swachhta were delivered in the different schools.

  
 Acting Principal  
 Montgomery Guru Nanak College  
 of Education, Jalandhar  




**SWACHH BHARAT PAKHWADA**

**(01.08.2021 to 15.08.2021)**

  
 Acting Principal  
 Montgomery Guru Nanak College  
 of Education, Jalandhar



## MONTGOMERY GURU NANAK COLLEGE OF EDUCATION, JALANDHAR

### REPORT ON

### CELEBRATION OF WORLD AIDS DAY

NSS Unit along with Red Ribbon Club of the college celebrated 'World AIDS Day' on 1<sup>st</sup> December, 2021 in the college premises to raise the public awareness 'Let's Stop HIV Together' campaign was launched. On this day, student of the college Sawangeet and Srishti Soni through her speech enumerated the causes, symptoms, treatment and precautions from AIDS. Kirandeep Kaur and Kashish with their poems depicted to save the lives of people affected from this disease. The stage was conducted by Tania. Members of Red Ribbon Club displayed the chart and poster to spread the awareness regarding HIV AIDS. This event was coordinated by Dr Seema Rani and Dr Kiran Walia.



  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



**TITLE OF THE ACTIVITY: SWASTHA BALAK-BALIKA SPARDHA**

**DATE: 08.01.2022 to 10.01.2022**

As per guidelines received from Ministry of Youth Affairs and Sports and NSS Department of Guru Nanak Dev University, Amritsar, NSS Unit of M.G.N. College of Education, Jalandhar organised "Swastha Balak-Balika Spardha" from 08.01.2022 to 10.01.2022. E-Slogan competition on the theme "**Importance of Health and Nutrition for Children**" was organised in which 11 NSS volunteers from B.Ed. Sem-I and Sem-II participated.



**SWASTHA BALAK-BALIKA SPARDHA (08.01.2022 to 10.01.2022)**

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Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar

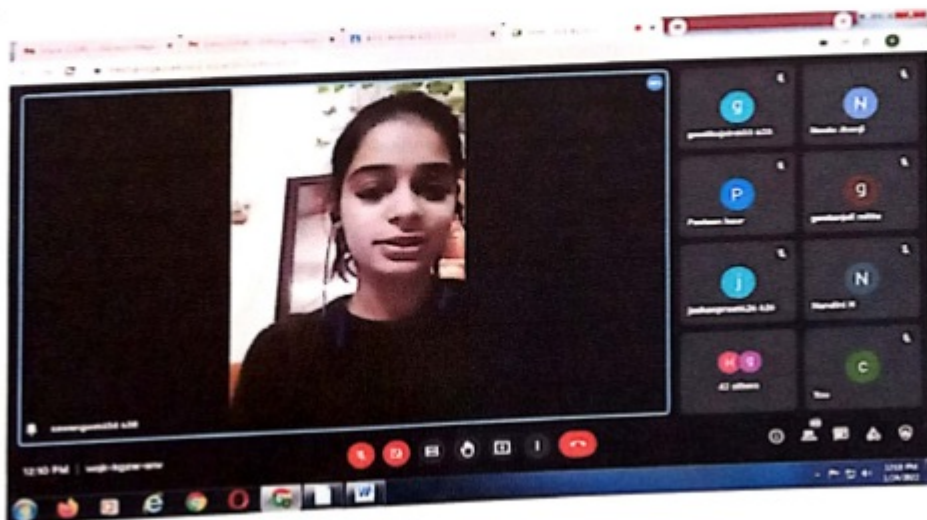
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## MONTGOMERY GURU NANAK COLLEGE OF EDUCATION, JALANDHAR

### REPORT ON CELEBRATION OF NATIONAL GIRLS CHILD DAY

Women Welfare Committee of the College celebrated National Girl Child Day on the theme 'Beti Bachao Desh Badhao' on 24<sup>th</sup> January, 2022. On this day, the new session was inaugurated by recalling the Almighty through 'Ardas'. On this day Sawangeet Kaur with her speech 'Think a World Without Girls' gave the horrible picture of declining male-female ratio and reflected on its harmful effects of the society. Tania with her poem 'Mujhe Jeene Ka Adhikar Do' sought for the equal right for the women. Rimple Kaur Bhamra with her speech 'She Can Do Anything' spoke about the contribution of women in society. Rachita Garg with her poem 'Beti Ki Pukar' appealed the society to give the due of women. Amit Aneja through his speech 'Beti Bachao Desh Badhao' reflected on the need to save girl child to make this earth a better place to live.

Speaking on the occasion, Principal Mrs. Neelu Jhanji said that we need not to forget that a country that empowers women, empowers every individual. She further added by saying that only by celebrating, protecting and educating a girl child, we could empower her. On this day, Geetika Jain conducted the stage. Dr. Radha Arora and Ms. Anju coordinated the event.



  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar



**MONTGOMERY GURU NANAK COLLEGE OF EDUCATION, JALANDHAR**


**REPORT ON**

**CELEBRATION OF INTERNATIONAL WOMEN'S DAY**

N.S.S. Unit and Women Welfare Committee of the College celebrated International Women's Day in the College premises, on the theme 'Gender Equality Today For a Sustainable Tomorrow' on 8<sup>th</sup> March, 2022. On this day, with the exhibition of different posters, an effort was made to spread the message of gender equality and of building a society free of all gender biases, stereotypes and discriminations. Also, track and field sports events were organized for the female students. To spread the consciousness for environmental protection, plants were also distributed amongst the girls. After the events, all the girls were served with sumptuous meal.

Speaking on the occasion, Principal Mrs. Neelu Jhanji appealed to join hands to forge women's equality. Dr. Radha Arora, Dr. Kiran Walia and Ms. Anju coordinated the event.



  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar





**TITLE OF THE ACTIVITY: CYCLE RALLY ON YOGA DAY****DATE: 23.04.22**

Health Club and N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated World Health Day by organizing a Cycle on 07.04.22. The cycle rally began from the College and reach to Govt. Sr. Sec. School, Adarsh Nagar wherein students of the College along with teachers made the students of the school aware regarding the benefit of cycling. N.S.S. volunteers Meena and Nandini with their speeches elaborated to the school students regarding the health benefits of riding bi-cycle and how it helps to keep our environment clean and green. In continuation with the green practices, a planter with green plant as a token of gratitude was gifted to the school Principal Mrs.Khushdeep Kaur. Pamphlets depicting the benefits of cycling for the individual and environment were distributed to community members and also pasted on the walls of shops having good footfall. Teachers including Dr.Meharban Singh, Dr.Pooja Bhardwaj, Mrs.Shivani Gulati, S.Maninder Pal Singh and Mrs.Jaspreet Kaur and Ms.Anju, Office staff S.Amrit Pal Singh, S.Sukhdev Singh and supporting staff S.Bhulinder Singh, Sh.Govind Singh cycled during the rally along with the students.

**CYCLE RALLY ON YOGA DAY (23.04.22)**

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Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar

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**TITLE OF THE ACTIVITY: CELEBRATION OF YOGA DAY (ORGANIZED YOGA WORKSHOP)**

**DATE: 23.04.2022**

Health Club and N.S.S. Unit of M.G.N. College of Education, Jalandhar celebrated World Health Day by organizing a Cycle Rally and Yoga Workshop on 07.04.22. On this day, a Yoga workshop was also conducted by Shri.Kamal Aggarwal, President, Bhartiya Yog Sansthan, Jalandhar. During the workshop, yoga for healthy spine, for thyroid problems, for diabetes management and for ensuring good mental health were practised. Students queries regarding asans for varied problems were also taken up during the workshop.

On this occasion, Principal Mrs.Neelu Jhanji gave formal vote of thanks and appealed the masses to make a routine to do yog and get benefitted from its endless perks.



**YOGA WORKSHOP (23.04.2022)**


*LL*  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar  
*Law*

**TITLE OF THE ACTIVITY: POSTER PAINTING COMPETITION UNDER INTERNATIONAL YOGA DAY CELEBRATION  
DATE: 23.04.2022**

NSS unit of the college under International Yoga Day celebration, organized Poster Painting competition on importance of yoga held on 23-04-2022 in which Rimple Kaur, Harmanpreet Kaur and Sangeeta of B.Ed. sem III got the first, second and third positions respectively. The event was coordinated by Dr. Kiran Walia, program officer NSS unit.



**POSTER PAINTING COMPETITION UNDER INTERNATIONAL YOGA DAY CELEBRATION (23.04.2022)=**

  
Acting Principal  
Montgomery Guru Nanak College  
of Education, Jalandhar  
